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Vancouver metro

Your essential daily news | THURSDAY, FEBRUARY 9, 2017 High 5°C/Low 4°C Rain

Love factually
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GROWING UP, GROWING OUT

Census shows how Metro Vancouver is growing, especially south of the Fraser
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The Vancouver skyline seen from Burnaby Heights.
JENNIFER GAUTHIER/METRO

2016 CANADIAN CENSUS

CITIES LEADING NATIONAL GROWTH

Plus
Census reveals 25,000 unoccupied homes in Vancouver
metroNEWS

Anti-immigration a recipe for disaster in modern Canada
Chantal Hébert, metroVIEWS

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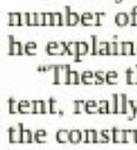
2016 CANADIAN CENSUS

Construction drives growth

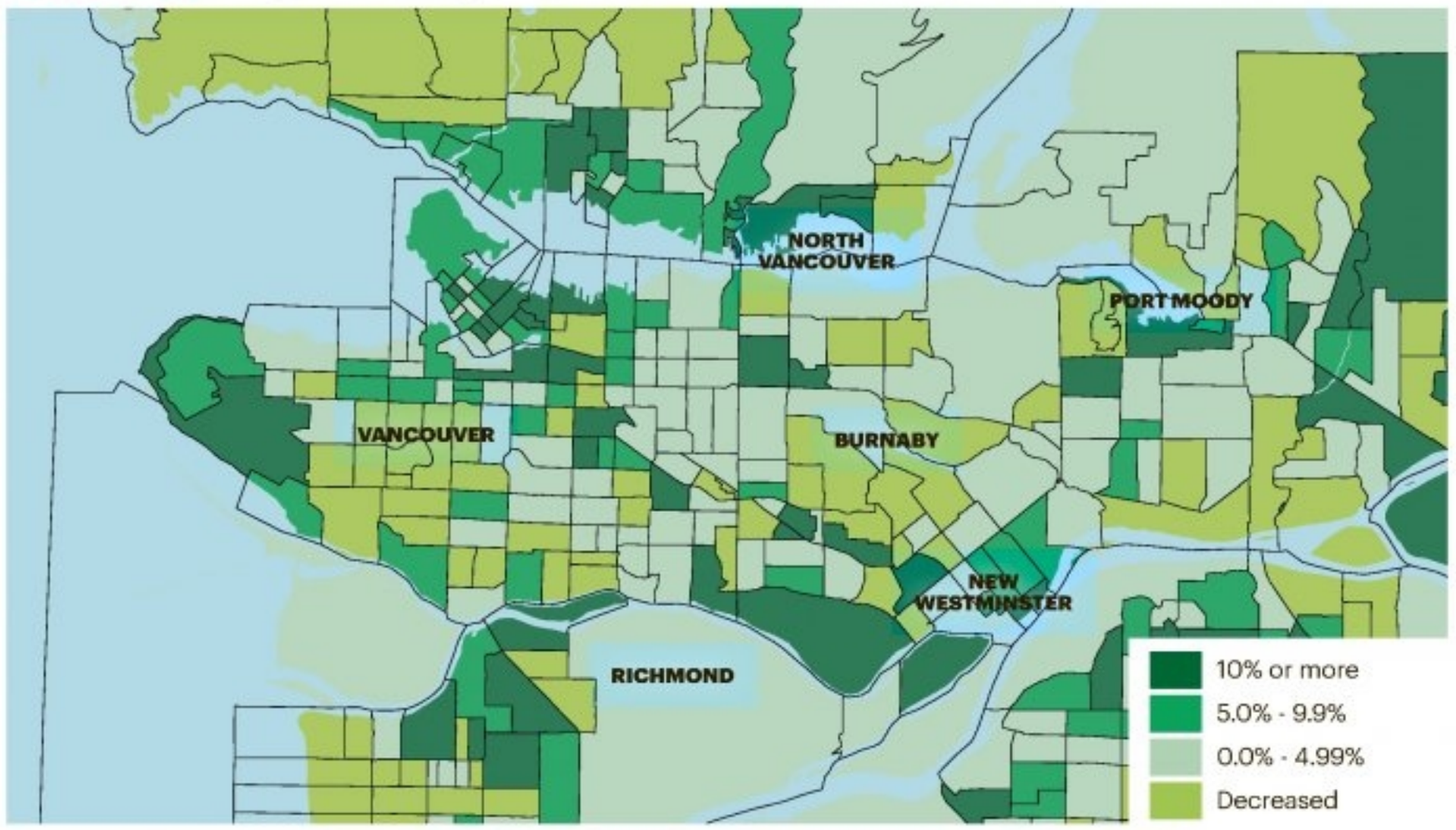
POPULATION

Surrey, Langley grow while Vancouver, North Shore stagnate



David P. Ball
Metro | Vancouver

MAPPED | Population growth in Metro Vancouver



Metro Vancouver's population growth varied wildly across the region's cities — spiking in Surrey and Langley while plummeting in Vancouver's West Side, according to Census data.

The first instalment of in-depth census results since 2011 — when former prime minister Stephen Harper scrapped the mandatory long-form census — were described by Canada's chief statistician as "probably the most successful census since 1666" because of a 98.4 per cent turnout.

Mathematician and computer scientist Jens von Bergmann, co-creator of the Census Mapper website, said the data shows people are flocking east to high-construction cities such as Surrey, which saw roughly 17,000 new dwellings since 2011.

"Surrey has had a massive number of dwellings added," he explained.

"These things, to a large extent, really just are driven by the construction.

"If you added new dwellings in central Vancouver, they would fill up. (Without) more dwelling units, just that alone would lead to a population decline."

Simon Fraser University's city program director Andy Yan told Metro that in addition to the more than 25,000 empty homes in Vancouver the census revealed, it also highlights how residents may have reacted to housing prices skyrocketing while their salaries stagnated.

"The high-growth areas in the region are actually offering housing that's much more related to local incomes," he suggested.

"Yes they have more density, but they're also affordable relative to how much you can actually earn there.

"There is some good news here: to the extent that some of these growth areas are along transit routes ... it's a testament to the success of the regional plan — to the extent we're sticking to it."

However, Yan said that while the first flood of Statistics Canada's latest census is a relief, it's what's done with the data that truly counts. The lack of a mandatory long-form census left planners with shaky comparative data for the past eight years.

"There's so much to pore through and angles to look at," Yan said. "It's really a means of informing public policy that we were so hungry for after what happened in 2011.

"But now it's really up to us to use the data, and to make sure it is user-friendly and available to the public. The big challenge for our leaders is to use it to inform and create effective policies."

VANCOUVER'S CENSUS TAKEAWAYS

JENNIFER GAUTHIER/METRO

SUBURBS BOOM

Langley district saw 12.6 per cent growth, followed by Surrey, at 10.6 per cent; Coquitlam and City of North Vancouver tied with a 9.8-point lift. Vancouver grew 4.6 per cent but many west side neighbourhoods saw zero or negative growth.

IF YOU BUILD IT

Analysts told Metro the region's fastest-growing cities were those with more dwellings. Surrey saw 17,117 new dwellings, rising 11 per cent since 2011. Vancouver gained more occupied households (19,343) for a seven per cent lift. Region-wide, dwellings rose 7.8 per cent to nearly one million households.

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2016 CANADIAN CENSUS

Despite tight rental market, 25,000 homes sitting empty

DATA

Vacancies in Metro area increased over past five years

Jen St. Denis
Metro | Vancouver

The number of empty homes in Metro Vancouver continues to rise, according to population growth data from the 2016 Census.

Between 2011 and 2016, the percentage of homes without permanent residents or left vacant in the City of Vancouver rose from 7.7 per cent to 8.2 per cent, according to an analyses of Census data by Andy Yan, an urban planner and director of Simon Fraser University's City Program.

During the same period, the number of such properties jumped by 15 per cent, from 22,169 to 25,502, in Vancouver.

Yan's previous work had identified a high percentage of empty units in Vancouver's Coal Harbour neighbourhood, an area filled with upscale condo buildings. Coal Harbour continues to have a high percentage of empty units, at 22 per cent.

But Joyce-Collingwood in East Vancouver has now overtaken Coal Harbour, with 24 per cent of homes unoccupied. Some of those may be land-assembled single-family homes awaiting development, Yan said, or units purchased by investors in new condo developments in the neighbourhood.

Condos in Vancouver's Yaletown neighbourhood. JENNIFER GAUTHIER/METRO FILE

It's not just a Vancouver phenomenon: the percentage of empty homes across Metro Vancouver doubled over 30 years, rising from 3.2 per cent in 1986 to 6.5 per cent in 2016.

Surrey has the next-highest percentage of vacant properties at 6.2 per cent, although that number dropped slightly between 2016 and 2011.

Yan's data analysis uses a different methodology than a previous report done for the City of Vancouver by energy conservation consultant Ecotagious. That study measured electricity consumption and showed there had been little change in the percentage of empty homes between 2002 and 2014. Ecotagious calculated that 10,800 units in the City of Vancouver were empty in 2014, and the majority of those were condos.

Statistics Canada includes non-permanent residents (like students and temporary or foreign residents) and unoccupied units in the same category. An analysis of 2011 census data by the firm Urban Futures found that 13 per cent of housing units in the category were occupied by students or foreign residents, while 87 per cent were unoccupied.

Units that were newly built but not yet occupied, were awaiting renovation, or were in transition to a new owner or tenant were all included in the unoccupied category. Statistics Canada determines a home is unoccupied after attempting several methods of communication with the occupants of an address and receiving no response.

In 2016, Vancouver became the only Canadian city to implement an empty homes tax: starting in April 2018, homeowners will have to pay the city an extra one per cent of the assessed value of the property if it is left empty for more than six months.

Vancouver's rental vacancy rate is currently under one per cent, and the hope is that the tax will encourage more owners of second homes or investment condos to rent out those units.

8.2%

Between 2011 and 2016, the percentage of homes not permanently lived in or left vacant in the City of Vancouver rose from 7.7 per cent to 8.2 per cent, according to an analyses of census data by Andy Yan, an urban planner and director of Simon Fraser University's City Program.

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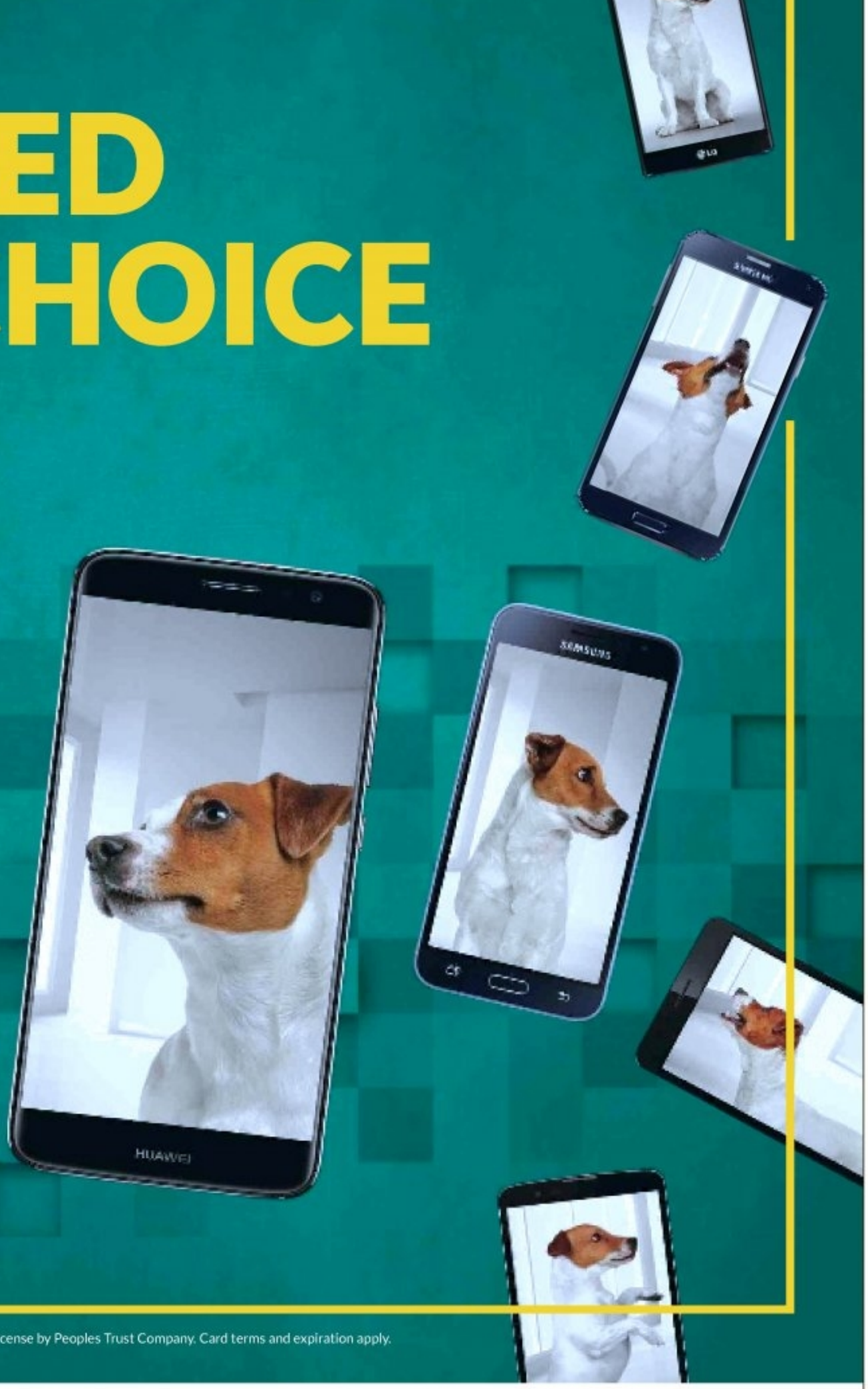

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HACKING

NDP demands apology from B.C. premier

British Columbia's NDP leader demanded an apology Wednesday from Premier Christy Clark over what he says is a false allegation the New Democrats tried to hack the Liberal party's website.

Clark tried to step back from the political finger pointing on Wednesday, calling it "inside baseball."

But NDP Leader John Horgan wouldn't back down.

"She created the ball diamond. She threw the first pitch," he said. "She just made it up. It was a complete fabrication. I find it troubling that the premier of B.C. believes it's OK to make unfounded allegations."

Horgan said the NDP has sought legal advice but wants a public apology from Clark, who made the accusation about the alleged hacking Tuesday in a Facebook Live interview with the Vancouver Sun.

Horgan said the New Democrats do not hack their opponents' websites.

"I believe it would be the responsible thing for the premier to apologize for her unfounded statements," he said. "Should she not do that we are absolutely prepared to look at other options."

Clark said people are more interested in her government's plans to create jobs than inside issues between political parties.

"Honestly, British Columbians do not care about that stuff, all that inside baseball stuff," she said. "British Columbians care about content. They care about ideas. They care about where the parties stand and what we are going to fight for."

In Tuesday's interview, Clark said hacking is illegal and she's heard the NDP say they were preparing to run a dirty campaign in May's election.

"The NDP have said it's going to be the ugliest, dirtiest campaign we've ever had," Clark told the newspaper. "We saw them try to hack into our website the other day." THE CANADIAN PRESS

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Phase 2

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We want to know how you think transit fares should be determined. Have your say and help us create a new fare structure by taking the survey between January 30 and February 17.

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TRANSLINK

New Westminster residents and Guatemalan asylum-seekers María and Carlos (not their real names) hold a photo of their seven-year-old daughter, who had difficulties enrolling in school because the family lacks immigration documents.

METRO FILE

Status not necessary

IMMIGRATION

Boards vote to advance 'sanctuary' schools

David P. Ball
Metro | Vancouver

Amidst President Donald Trump's vow to cut off money to so-called "sanctuary cities" in the U.S., two school districts in B.C. are heading in the exact opposite direction when it comes to undocumented immigrants.

The latest is New Westminster school board's education committee, which voted unanimously Tuesday night to recommend trustees approve a policy welcoming children of undocumented immigrant parents, and forbidding staff from reporting them to authorities unless forced to.

And though the major shift predated Trump's victory, the board vice-chair made clear current events had added urgency.

"In light of recent international, national and local events that have underscored the threats to fundamental shared rights, dignity and safety of all people — but particularly for newcomers and migrants with precarious status — I hope this is a timely opportunity for New Westminster to stand, speak and act together," explained Mark Gifford.

The draft policy would forbid immigration authorities "to enter schools or Board facilities unless required by law," keep students' status confidential, and form a complaints mechanism for any families shut out.

The proposal comes after more than a year of consultations and meetings with community groups and families with precarious status in Canada.

"We're happy it's at the level of being a policy," said Sanctuary Health's Byron Cruz. "A policy … makes it clear that schools should be a safe place for children, where families can know their kids will not be reported to immigration."

Not everyone was happy with the proposal, with Twitter user "Invest in Knowledge" stating Tuesday, "Schools circumventing immigration laws is wrong and creates risk for all children in schools in New West."

Gifford countered that's not the case at all, and concerns about families "getting in the back door" to get a free education are unfounded.

"This is not about those things, this is about students who are residents here," he argued.

School for All coalition member Shanee Prasad lauded the boards' moves as "very positive." In late January, the school board in Burnaby — where she teaches — adopted its own guidelines stating immigration status isn't necessary for an education and vowing to consider each student's case.

Plaques need rewrite: Archeologist

INDIGENOUS EXPERIENCE

Heritage signs could do with a history lesson

Jen St. Denis
Metro | Vancouver

A Kamloops archeologist is making the case that many of B.C.'s historical "stop of interest" plaques, which extol achievements of European settlers, need a total rewrite.

"There are so many that don't explicitly say anything racist, but the implication is that all the land was here for the taking and it's only ever been prosperity and good times since then," said Joanne Hammond. The plaques are the responsibility of B.C.'s Ministry of Transportation.

Hammond, who works with First Nations communities but is not herself Indigenous, has given it a stab herself. Using Photoshop, she turned the plaque "Fur, Gold and Cattle" into "Salmon, Copper and Elk," with a short narrative describing the economy of the Secwepemc and how the arrival of Europeans negatively affected Indigenous people.

Another plaque describes how in 1885 a government engineer named Walter Moberly found a route for a railway by shooting at an eagle nest and watching to see which direction the birds flew. Hammond's rather snarky rewrite starts "Settler, please," and asks why "this guy gets a plaque" for "harassing wildlife."

Hammond says signs should be rewritten with collaboration between the Ministry of Transportation and First Nations. There are a few examples of more recent plaques that tell the story of First Nations people, she said, but they are outweighed by signs that convey colonial history.

Actual sign on left about Walter Moberly; Joanne Hammond's suggested Photoshopped version on right. CONTRIBUTED

PUBLIC SAFETY

Police advise people not to walk alone at night in Stanley Park

Wanyee Li
Metro | Vancouver

Vancouver police are warning people to not walk alone in Stanley Park after dark following two nighttime attacks in recent months.

Lubo Kunik, 61, was killed in the most recent attack on Feb. 1, 2017. His body was found around 11 p.m. on the seawall between Second and Third Beach.

Meanwhile, the 82-year-old victim of the Nov. 16 attack in Brockton Oval is still in hospital with serious injuries.

Investigators have not been able to identify any suspects in both cases, which appear to be random attacks, police stated in a written release.

But officers also cannot rule out the possibility that the two attacks, which happened 11 weeks apart, are linked.

"While there is no evidence to directly link these two serious incidents, we cannot confirm the events are not related," said Const. Jason Doucette, spokesperson for Vancouver police.

"In the absence of suspect information and motive, we feel it's necessary to issue a public warning to alert people who may be in Stanley Park at night to use extra caution."

Police are continuing their investigation on both attacks.

Police are asking the public to not visit Stanley Park alone at night and to call 911 if they see suspicious behaviour.

Anyone who has information about the attacks is asked to call detectives at 604-717-2500 or Crime Stoppers at 1-800-222-8477.

> **"** In the absence of suspect information and motive, we feel it's necessary to issue a public warning. Const. Jason Doucette

HOSPITALS AND HIGHWAYS

Vancouver General to get funding for upgrades

The province, Vancouver Coastal Health and UBC Hospital Foundation have announced a $102-million upgrade for Vancouver General Hospital.

The money will go to 16 new operating rooms.

They will also fund a 40-bed unit for pre- and post-surgical patients as well as communication and infrastructure upgrades.

Construction is to be complete by 2021.

THE CANADIAN PRESS

Highway reopens after avalanche

The Trans-Canada Highway has reopened after an avalanche rolled across the road in southeastern B.C. The slide happened on Mount Stephen in Yoho National Park early Wednesday; there were no injuries.

A statement from Parks Canada says all vehicles and drivers in the vicinity were safely turned around.

The highway was closed in both directions from Field to Alberta for several hours. THE CANADIAN PRESS

Kennel investigated

ANIMAL WELFARE

Dog came back from BC Canine skinny, timid, says owner

Wanyee Li
Metro | Vancouver

Paul Bhullar and his two-year old son with Drogo, the family's eight-month-old Italian Mastiff. CONTRIBUTED/ PAUL BHULLAR

A Richmond dog owner says he was shocked to see the ribs of his normally rambunctious six-month-old puppy showing when he picked him up from a boarding kennel in December — the same kennel that was the subject of a similar complaint in January, according to media reports.

The family's experience is now the subject of at least one BC SPCA investigation.

Paul Bhullar said Drogo was full of energy when the family dropped him off Dec. 11, 2016 at BC Canine Training Centre on No. 3 Road near the Fraser River. Bhullar called the kennel every few days to check on Drogo, who he describes as "a big teddy bear," and was told everything was going well.

But he picked up a very different-looking dog two weeks later, on Dec. 27.

"He was very skinny, very timid, tired and not himself. You could see his ribs," said Bhullar.

He brought Drogo home but rushed him to the vet the next day after the puppy continued to vomit and refused food and water.

Vet records from Atlas Animal Hospital made available to Metro confirm Drogo was treated with IV fluids, taken in for X-rays and hospitalized overnight for care.

The likely diagnosis was that the puppy had swallowed a foreign object that was stuck in the small intestine, according to the veterinary documents.

BC Canine did not respond to Metro's request for comment.

After two days, Drogo was eventually strong enough, with the help of the IV, to pass the object while he was in the veterinary hospital, said Bhullar.

The puppy was immediately back to his normal self, playing with the family's two-year-old son and putting on weight, he said.

"It's just nice to have our family back together," said Bhullar, who called the decision to board Drogo at BC Canine his "biggest regret."

The vet bill came to a total of $947.

Bhullar said he initially only wanted an apology from BC Canine but that after multiple ignored calls and unreturned emails, he now plans to take legal action against the company.

"It's really discouraging knowing that they specialize in taking care of these dogs but then they come back neglected. Something needs to be done."

He has filed an official complaint against the kennel with the BC SPCA.

A BC SPCA spokesperson confirmed the agency is investigating BC Canine but said no further details would be released unless charges are submitted.

A Vancouver dog owner also reportedly filed a BC SPCA complaint against BC Canine earlier this year.

PETS

Dog bylaw hailed by SPCA

Matt Kieltyka
Metro | Vancouver

The BC SPCA says Surrey's new Animal Responsibility Bylaw, which excludes breed-specific restrictions, is the best in British Columbia.

Surrey passed the bylaw Monday, focused on a staged response to aggressive dogs and owners instead of outright banning specific breeds like pit bulls.

Owners of dogs that show early signs of aggression, even before an attack, will be referred to an approved trainer before it becomes worse.

"It's extremely encouraging to see a B.C. municipality finally stepping up."
Geoff Urton

If a dog is deemed dangerous by the city, it is required to have permanent identification, receive training and be spayed or neutered.

The new bylaw also prohibits all dogs from being left outside on a chain if no one is home. New violations have been added for abandoning, tormenting or permitting suffering of animals.

The BC SPCA, which helped develop the bylaw with the city, says the legislation is the best in the province.

"It's extremely encouraging to see a B.C. municipality finally stepping up with a truly proactive approach to the serious problem of irresponsible dog ownership in our communities," said BC SPCA senior manager Geoff Urton.

The SPCA argues that breed-specific bans are ineffective and don't address the larger issue of dog aggression.

Canucks captain Henrik Sedin is also the team's LGBTQ ambassador. DARRYL DYCK/THE CANADIAN PRESS

NHL applauded for LGBTQ initiative

HOCKEY

Ambassadors to encourage acceptance of gay players

Wanyee Li
Metro | Vancouver

The National Hockey League's decision to name an LGBTQ ambassador for every hockey team encourages greater acceptance of all hockey players no matter who they love off the ice, says Vancouver MLA Spencer Chandra Herbert.

The so-called You Can Play ambassadors will act as "a leader in the locker room and in the community on diversity, equality and inclusion," according to a NHL statement.

The Canucks also posted a pride jersey photo on Instagram, stating team captain Henrik Sedin — the team's LGBTQ ambassador — and his teammates will be wearing them during warm-up on Feb. 28 in a home game against the Detroit Red Wings.

Chandra Herbert, MLA for Vancouver-West End and a long-time LGBTQ advocate, applauded the professional hockey community's actions.

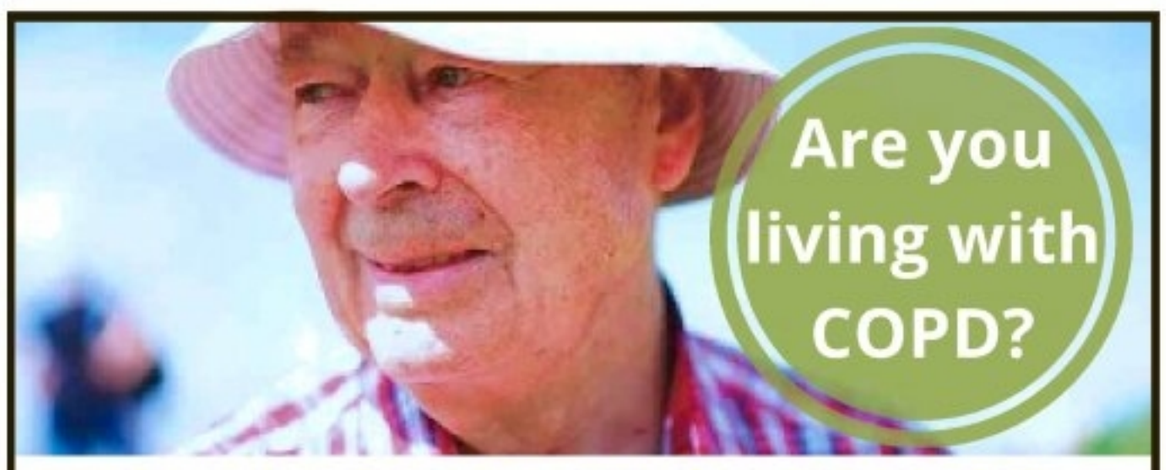
"By being vocal and supportive in this way, they normalize the fact that there are gay players and they make it clear that they are allies," he said.

"In the end, its about how you play the game and not who you love off the ice."

He previously called on the Canucks to participate in the pride tape initiative, where players would wrap their hockey sticks with rainbow-coloured tape.

Sport is one of the last places where homophobia is sometimes tolerated, he said.

"When I talked to folks who play hockey, either recreationally or (in) organized sports in general, there still can be a real sense of macho, sometimes homophobic attitude in the locker rooms."



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- Read the discussion guide and complete the online feedback form at **bchydro.com/seed**
- Provide a submission to **seed@bchydro.com**
- Attend an open house in your neighbourhood:

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Wednesday, February 22, 2017
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Elsie Roy Elementary School
150 Drake Street, Vancouver

West End
Saturday, February 18, 2017
10:00 a.m.–1:00 p.m.
Monday, February 20, 2017
5:00–8:00 p.m.
St. Paul's Anglican Church
1130 Jervis Street, Vancouver

- Attend a small group roundtable discussion in your neighbourhood. Please email **seed@bchydro.com** to sign up, as space is limited:

West End
Tuesday, January 31, 2017
Wednesday, February 15, 2017

Yaletown
Thursday, February 2, 2017
Thursday, February 16, 2017

*All 6:00–8:00 p.m.

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Ottawa pressured to end border pact

ASYLUM

U.S. is unsafe for refugees, Harvard review says

We are not going to tell the Canadian government what to do, but the finding that the U.S. is safe is wrong and unfounded, and should be blown out of the water.
Deborah Anker

A growing chorus of legal experts on both sides of the border is calling on Ottawa to suspend a bilateral pact that bans asylum seekers from crossing border for protection, warning the U.S. is unsafe for refugees.

A Harvard University Law School review is the latest to warn about the negative effect of U.S. President Donald Trump's executive orders on refugees, and is urging Prime Minister Justin Trudeau to reconsider the Safe Third Country Agreement.

The report, released Wednesday by Harvard's immigration and refugee clinical program, comes on the heels of the arrival of 22 asylum seekers from North Dakota, including a child and a baby, caught walking in thick snow across an unguarded border into Manitoba last weekend.

It also echoed the recent calls on Canada by refugee advocates, immigration lawyers and academics to suspend the treaty.

"The new policies allow any state and local enforcement official, not just trained federal agents, to pick people up on mere suspicion, detain them in any remote location, subject them to an expedited removal process, where many if not most will be unable to express their fear of return and be screened," said Deborah Anker, head of the Harvard program.

"We are not going to tell the Canadian government what to do, but the finding that the U.S. is safe is wrong and unfounded, and should be blown out of the water."

In the House of Commons on Wednesday, Trudeau said he was "very concerned" about asylum seekers attempting to reach Canada on foot, but refused to answer if the government would remove the safe country designation of the U.S.

TORSTAR NEWS SERVICE

150 WAYS of looking at Canada

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'60S SCOOP

Feds try to delay ruling

After trying for years to have a class-action lawsuit from '60s Scoop survivors thrown out, Ottawa is now asking a Toronto judge to hold off on his ruling as Indigenous Affairs Minister Carolyn Bennett wants to start talks on a settlement.

TORSTAR NEWS SERVICE

FASHION

Sophie on mag's cover

Sophie Grégoire-Trudeau will appear on the cover of Fashion magazine's March issue, talking about women's rights, her advocacy work and getting personal about her recovery from bulimia.

The Canadian magazine's feminist-themed issue will hit news stands on Feb. 13.

For the feature, Grégoire-Trudeau was photographed in Ottawa at the National Gallery of Canada wearing a range of outfits by Canadian designers.

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2016 CANADIAN CENSUS

The data shows cities need funds

David Hains
Metro | Toronto

Canada's cities continue to be hotbeds for growth.

Census data released Wednesday confirms what mayors in major Canadian municipalities have been hammering home: Cities need more money to support the boom.

"The challenge is how do we make room for all these people," University of Toronto urban planning professor Matti Siemiatycki told Metro. "We need infrastructure investment that supports our urban quality of life. "

Members of the Big City Mayors' Caucus highlighted infrastructure challenges in a late January meeting in Ottawa. Their priority recommendations for the next federal budget included transit and affordable housing, which are common issues across Canadian cities.

But less visible issues like water infrastructure, sewage capacity and the electric grid also need attention, Siemiatycki said.

The census data shows that Canadian cities are growing in two significant ways, Siemiatycki said. Downtown cores grew as highrises continue to be built. At the same time, suburban commuter communities also got larger as Canadians sought affordable housing.

Western cities led the way, with Calgary, Edmonton, and Saskatoon showing double-digit population growth compared to the last census in 2011.

Overall, Canada's population increased 5 per cent over the past five years with more than one third of people now living in the Toronto, Montreal and Vancouver metropolitan areas.

Atlantic Canada grew less than the national average, with Halifax growing at 3.3 per cent. St. John, New Brunswick was the only major city to see a population decline, with 2.2 per cent fewer people compared to 2011.

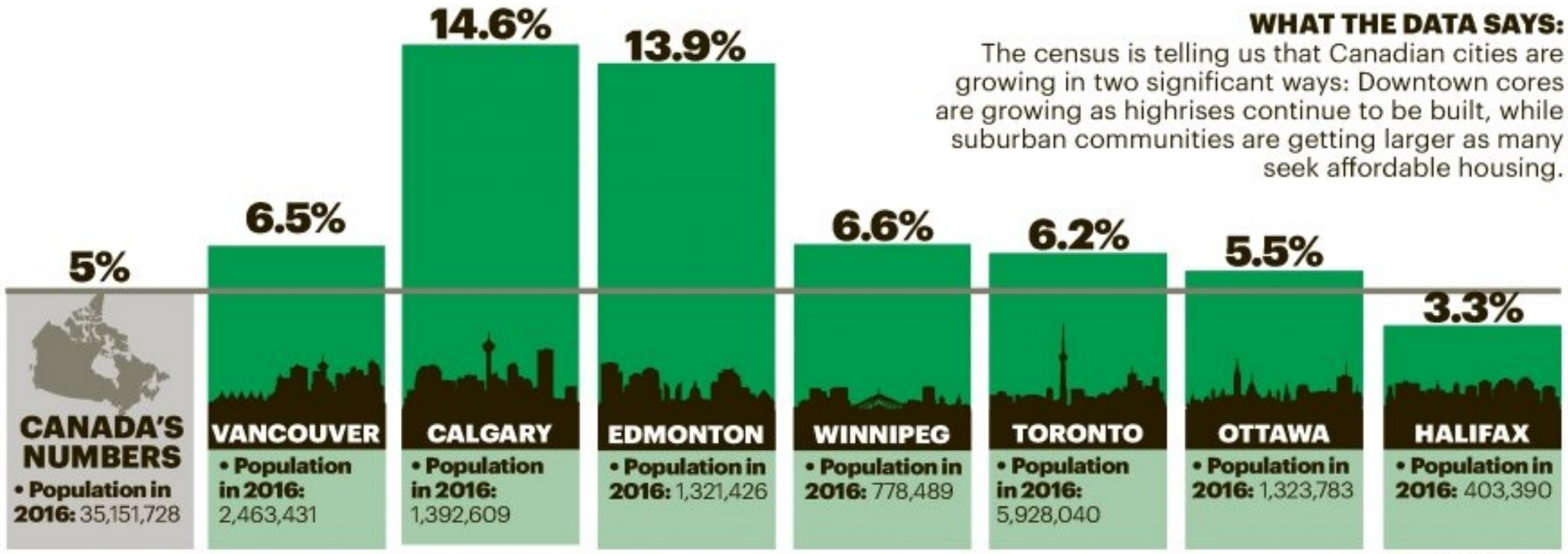
In 2015, the federal government promised $186 billion in infrastructure spending, with priorities on transit, trade and transportation, green initiatives, and social infrastructure like affordable housing and child care.

Among the major requests from big city mayors in January was $12.6 billion for affordable housing as part of the upcoming $20-billion phase of federal infrastructure funding.

It's about time that Canadian cities see significant investment, Siemiatycki said.

"We've missed a generation of infrastructure in this country."

WHAT THE DATA SAYS:
The census is telling us that Canadian cities are growing in two significant ways: Downtown cores are growing as highrises continue to be built, while suburban communities are getting larger as many seek affordable housing.



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Silencing of senator only raises her status

U.S. POLITICS

GOP rebuke takes on overtones of race, gender

The turbulent debate in the U.S. over race, gender and free speech consumed the normally staid Senate on Wednesday after the GOP majority voted to silence Sen. Elizabeth Warren, abruptly elevating her celebrity status at a moment when liberals are hungry for a leader to take on Donald Trump.

The highly unusual rebuke of the Massachusetts Democrat came as the Senate weighed President Trump's nominee for attorney general, GOP Sen. Jeff Sessions of Alabama, who seemed headed toward a nearly party-line confirmation Wednesday evening. It also gave frustrated Democrats a rallying cry weeks into a presidency that is dividing the country like few before.

Sen. Elizabeth Warren reacts to being rebuked by the Senate in Washington on Wednesday. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

"I certainly hope that this anti-free-speech attitude is not travelling down Pennsylvania Avenue to our great chamber," Senate Minority Leader Chuck Schumer of New York warned.

The debate immediately took on overtones of race and gender. Warren was rebuked as she was reading a letter by Martin Luther King Jr.'s widow, Coretta Scott King, opposing Sessions' ultimately unsuccessful nomination to a federal judgeship in 1986.

Warren was chastised under a little-used Senate regulation, Rule 19, which bars any senator from impugning the motives of any other.

Several male Democratic senators stood up and read from the same letter but without drawing objections, leading Democratic activists to proclaim that Senate Republicans were interested only in silencing a woman.

Democrats challenged Majority Leader Mitch McConnell's ruling, but the GOP voted to uphold it, barring Warren from speaking on the floor throughout the remainder of the debate over Sessions.

"She was given an explanation. Nevertheless, she persisted," McConnell said in words that sparked still more liberal outrage and Twitter hashtags. Hillary Clinton referenced McConnell's comment about Warren persisting, adding in a tweet: "So must we all."

In the aftermath Democrats expressed outrage that Warren had been silenced while quoting from the words of a civil rights hero, as a party that's struggled over the best way to challenge Trump found something all could agree on. THE ASSOCIATED PRESS

IMMIGRATION

Muslim ban now in hands of judges

A federal appeals court will decide whether to reinstate President Donald Trump's travel ban after a contentious hearing in which the judges hammered away at the administration's motivations for the ban, but also directed pointed questions to an attorney for two states trying to overturn it.

It was unclear which way the three judges of the San Francisco-based 9th Circuit Court of Appeals would rule, though legal experts said the states appeared to have the edge.

A ruling could come as early as Wednesday and could be appealed to the U.S. Supreme Court.

The appeals court challenged the administration's claim that the ban was motivated by terrorism fears, but it also questioned the argument of an attorney challenging the executive order on grounds that it unconstitutionally targeted Muslims.

THE ASSOCIATED PRESS

SPACE TRAVEL

NASA mission to go around moon

The European Space Agency says it will contribute key components for a future NASA mission to take humans around the moon within the next few years.

Astronauts haven't gone beyond a low orbit around Earth since 1972, when NASA ended its Apollo program.

The European Space Agency and aerospace company Airbus have already delivered a propulsion and supply module for an unmanned flight of NASA's new Orion spacecraft next year.

The agency said Wednesday that it and Airbus have now agreed with NASA to build a module for a second, manned mission that will fly around the moon as early as 2021.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

CHANTAL HÉBERT ON THE CENSUS

It will be hard to win government without policies and a lineup that reflect the country's diversity.

The population of every province west of Ontario is growing at a faster rate than the national average. The reverse is true of the five provinces east of Ontario. In the case of Atlantic Canada, the demographic shortfall is acute. New Brunswick's population shrank between 2011 and 2016 and the population of Nova Scotia's increased by a mere fraction of a percentage point.

The region is in the eye of a perfect storm. Its population is aging; it is losing people to more prosperous provinces; it does not attract nearly enough immigrants to make up the difference. This is not a trend that will be reversed overnight, if ever. It is not happening in isolation from the country's federal dynamics.

For the first time this year, the tradition of giving one of the nine seats on the Supreme Court to a judge from Atlantic Canada was called into question. It will not be the last time. The region is down to less than 10 per cent of the seats in the House of Commons. That proportion will continue to diminish as new seats are added to reflect demographic growth elsewhere in the country.

Going forward there might be a temptation to fight Atlantic Canada's battles in the Senate, the house of Parliament where its weight is artificially maintained. With less than seven per cent of the population, the region is guaranteed 24 seats in the upper house. Ditto for the West, whose four provinces are now home to one in three Canadians. A makeup that so distorts the demographics of modern Canada does little to enhance the moral legitimacy of the unelected Senate to act as a chamber of sober second thought.

That is not the only politically related takeaway from the 2016 census numbers released on Wednesday.

Over the past five years immigration has accounted for two-thirds of Canada's population growth. Based on current trends, it will account for 80 per cent in less than 20 years. It will be hard for a political party to win government without policies and a lineup that reflect the country's diversity.

Flirting with anti-immigration sentiment may be a winning formula within parties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada. There is no turning back the clock on the country's diversity.

That is particularly if not exclusively true for Quebec's nationalist opposition parties. The failure to make inroads in the allophone communities that account for most of the province's demographic growth could give the Liberal party a quasi-permanent lease on power. That failure — compounded by a decade of tone-deaf politics on the issue of religious accommodation — dooms any hope the Parti Québécois might have of holding a winning referendum on Quebec independence.

As long as the allophone vote was concentrated on the island of Montreal, a Quebec party could realistically hope to win an election without reaching out to newer Quebecers. But now the mix of suburban Quebec, which holds the key to electoral success, is changing.

Quebec's population has grown at a slower rate than the Canadian average for four decades. At three per cent, it is still at a relatively healthy level. Quebec is home to almost twice as many people as British Columbia. It is not about to lose its place as Canada's second-most-populous province. Nor, for that matter, is Ontario's demographic edge on its sister provinces about to disappear. Central Canada will continue to be the federation's political powerhouse.

That being said, only a steady influx of immigrants stands between Quebec and the anemic demographic growth of the Atlantic region. The province's future as a French-speaking society rests on its success at keeping and integrating those immigrants into its mainstream.

Quebec's collective preoccupation with ensuring that French endures and thrives on the North American landscape will continue to distinguish the province's politics from those in the rest of the country.

But on just about everything else the issues that matter to an increasingly urban increasingly diverse Quebec are more similar to those that preoccupy the majority of voters in Ontario and in Western Canada than at any other time in the federation's modern history.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

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Politics needs Potter

Vicky Mochama
Metro

In the days, weeks and months since Donald Trump was elected U.S. president, those who wanted a president well-versed in the constitution have been doling out blame and shame.

In all this, there is one group being unfairly targeted for blame: pop culture nerds.

People have taken to comparing the outcome of the American election and early days of the Trump administration to everything from Star Wars to The Hunger Games to Harry Potter.

But for every tweet suggesting Trump has all the tact of the Whomping Willow, there's another saying, "Stop making Harry Potter references. This is real life."

As if readers of Harry Potter have walked the halls of their schools, or faced the drudging misery of going to work everyday and thought, "Yes, this feels exactly like being at Hogwarts, a magical school on a hill full of wizards and wands."

Now that's unlikely.

Pop culture references are the nervous laughter of these turbulent times.

Remember when then-candidate Trump dropped the word "bigly" during a debate and we all chuckled while thinking, "Oh good good, he's making up words and he might be in charge of nuclear weapons."

In the face of a tumultuous future, pop culture creates comforting distance.

The people to chastise are not the ones who have read books or watched movies about fascism and concluded that they are analogous to this moment.

If anything, those people should be applauded for basic reading comprehension.

It is the people who misunderstand books — Qur'an critics who cherry-pick violent passages to paint a broad swath of people as savage; bible fanatics who use the Good Book to advocate for Bad Things; and those misguided souls who feel Dr. Seuss' How the Grinch Stole Christmas is really all about the trickery of the Easter Bunny — who are a problem.

Interpreting culture can be dangerous. Everyone imagines fighting alongside Luke Skywalker for the Rebel Alliance, but few identify with Darth Vader's Stormtroopers.

As resistance to Trumpism builds, a demand for intellectual gravitas will exclude more people than it will include. Recognizing the danger ahead cannot solely be left to the historians and political analysts.

So: Is Donald Trump like Lord Voldemort? Of course not. Donald Trump is terrifyingly real. The lesson, however, is worth taking.

A generation of North Americans who have lived in relative safety are finding in pop culture an entry point for understanding the horrors of authoritarianism — and finding heroes, too.

That is a blessing, not an unforgivable curse.

metro LIFE

Your essential daily news

Thursday, February 9, 2017

Love factually

Ahead of Valentine's Day, Metro looks at sex and romance in the casual age

As technology and society get in the way, the 'hookup generation' is proving to be anything but — with more virgins than in older age groups

No sex please... we're millennials

A 2014 study found that about 15 per cent of American 20 to 24-year-olds have never had penetrative sex, a jump from 6 per cent in their parents' day. ISTOCK

Genna Buck
Metro | Toronto

Anna is a 23-year-old content specialist who's never had sex. She works from home for a Toronto start-up. She's attracted to men, but doesn't get to meet many. She's dipped her toes into the world of dating apps and OK Cupid, with some success.

While she's pretty confident she won't be a virgin much longer, Anna struggles with whether to be upfront about her status on something like Tinder, where many are looking for a quick hookup. But research shows Anna is not unusual at all.

Ryne Sherman and his colleagues set off a media storm when they published research in 2014 showing millennials in their 20s and 30s — the so-called "hookup generation" — are anything but.

Compared to GenXers and boomers, millennials have fewer sexual partners and have sex less often, Sherman said. About 15 per cent of American 20 to 24-year-olds have never had penetrative sex at all. In their parents' day, that number was just six per cent. (The research in this area is still very heteronormative – the survey just refers to "sex" without specifying).

Researchers floated a few possible reasons for the trend: It's a hangover from fear-based sex-ed of the '90s; It's part of a trend towards less risk taking – today's young people do drugs less, drink less, and use condoms more than their parents did; It's a failure to launch – economic trends have landed many millennials at their parents' place, not the most conducive environment for sexytimes.

But there's more to it than that. After the study was published, the mail poured in.

"We were hit with a bunch of stories like 'I'm 23 and a virgin. I don't have time for sex, I'm committed to my career,' especially from women," Sherman said.

Then there's another overlooked factor: The decline of the meet-cute. At least in person.

"I'm open to sleeping with someone, I just want to know them for maybe a month," Anna said. "People have been pretty respectful, but I don't want to engage until I feel ready."

Jessica*, 33, deals with the same problem. "Who would ever want to have sex with a girl in her 30s who's still a virgin!? Must be something wrong with her."

All Jessica's relationship experience is virtual. In her teens and 20s, she spent a lot of time on the Internet, playing multi-user games and interacting with people from all over the world. "I loved it ... but it also kept me away from real social experiences," she said. She was in a tumultuous romantic entanglement with a man for most of her 20s — but it was entirely text-message based.

Many of the virgins Metro spoke to went through some kind of struggle in their young adulthood with their sexuality or sexual orientation. Anna has a pervasive phobia of getting pregnant. Another woman tried penetrative sex and found it unbearably painful. A third had come to realize her sexual orientation was somewhere on the asexual spectrum.

One 24-year-old man said, "Simply put, the women I like don't like me back, so I've never been on a date. I don't have the confidence for one night stands or casual stuff, and it doesn't interest me anyways because the romantic aspect is really appealing to me."

But several said they just hadn't met someone they wanted to have sex with who also wanted to have sex with them, and didn't feel an urgent desire to be partnered up — a possible side effect of a society that is gradually embracing the philosophy of "you do you."

Though people who have what researchers call "a late sexual debut" are at a higher risk of sexual function problems that those who lose their V-card at an average age, most do eventually have sex. "Biology is pretty powerful," Sherman said. "We all came from a long line of people who were interested in having sex at least once."

* *Names have been changed*

RELATIONSHIP VIRGINS

Today's climate — with new dates and hook-ups to be found, and banished, at the touch of a button — has produced another kind of virgin: The relationship virgin. Everybody knows one: a person who has had sex, but never settled down. Jason Brown, 35, is that kind of virgin.

Dating apps and websites strike him as superficial and fake. He says the worst part of long-term singleness is the pressure from friends and family.

"I depend on myself for everything. And at times it would be really nice if I had a teammate, he said. "But if I can't, I've proven that I'm more than capable of surviving and doing very well without anybody."

4 VALENTINE'S DAY CARDS TO CUT OUT FOR YOUR SPECIAL SOMEONE

Metro cartoonist Ani Castillo has turned her trademark talents to modern love with four takes on a Valentine's Day message for 2017. Cut them out and spread the love!

©Ani Castillo

Relationship status: it's very complicated

TERMINOLOGY

Why 'hanging out' leaves us hanging for a real definition

Professional matchmaker Sofi Papamarko. CONTRIBUTED

One of Metro's editors recently made a big mistake. She referred to her nephew and the woman he's seeing as "dating." No, he corrected her fiercely. They've been on dates. They're not dating.

It seems like those two things should be synonymous, but in modern parlance, they're not. We enlisted professional matchmaker Sofi Papamarko to explain the dizzying array of dating terms.

The way people define the stages of relationships has changed a great deal, even in just the past couple of years.

As recently as the 1990s, "If two people had gone out to the movies a couple of times, they were 'going out'" exclusively, Papamarko said; the same status their baby-boomer parents would have called "going steady."

But nobody says, "going steady" with a straight face anymore.

Couples go through an increasingly common, and growing, limbo stage of dating/not-dating at the beginning of their relationship, especially if they meet on an app or website.

"Nowadays, 'dating' means exclusivity and exclusivity is … a lot more hard won," Papamarko said.

"You can be seeing a lot of someone for months and if someone asks you if you're dating, vehemently deny it and say you're just hanging out."

"Hanging out" is what unofficial, not non-exclusive dating is called, Papamarko explained. Until the dreaded "what are we" talk, you're free to explore other options and assume your partner can do the same. This trend has affected how Papamarko advises singles who are looking for love.

"I tell my clients that a couple of great dates does not a relationship make."

GENNA BUCK/METRO

3 WAYS TO PIMP YOUR PROFILE

The wonderful thing about dating online in 2017 is how many apps there are to leave you wondering why your date never spoke to you again. Maybe there is a giant junk filter in The Cloud that has caught all those missed replies. Or maybe your profile just doesn't scream "serious." These steps will hit refresh on your profile.

Ask for what you want

People looking for long-term love are the least likely to say so. Emily Witt, who wrote the love-in-the-time-of-Wi-Fi book called Future Sex, says that the most common answer that users make private on OkCupid's questionnaire is that they are looking for a serious monogamous relationship. "It's best to be honest instead of pretending that you are just there by accident," Witt says.

Make it about you

Think of the text on your profile as talking points you are not-so-subtly suggesting your date ask you about. "If you don't write anything you look like a lazy dater," says dating consultant Shannon Tebb of ShannyInTheCity.

Wear your first date outfit in your profile pic

...and then wear your second date outfit on your first date. After all, your profile picture is the first time that the perspective love-of-your-life is going to see you. "Snap a shot of yourself dressed up," says Tebb. "You're showcasing your best self."

RYAN PORTER/METRO

🍆 + 🍑 = NSA?

Texting decoded

If Shakespeare were at work today, his sonnets may have read, "Shall I compare you to a peach emoji?" Today's text-based flirtations are an inscrutable mix of acronyms, secret codes and emojis that you might need to Google Translate your way through. Here are a few definitions to help:

LTR: "long term relationship," as in, go ahead and think about that fourth date.
NSA: a "no strings attached" sexual encounter; warning: actual strings may be attached.
DFMO: "dancefloor makeout"; minimal dancing required.
DTR: "define the relationship" — because an exclusive relationship is stressful enough without texting three complete words.
HRU: "how are you?", note: nobody is expecting a genuine answer to this.
VGL: "very good looking", as in "be warned that I am the kind of person who calls myself 'very good looking.'"
HWP: "height/weight proportionate," a.k.a. the H&M "medium."
CD: "cross dresser"; if you read this as "compact disc," you are in over your head.
Eggplant emoji: A euphemistic way to refer to the male genitalia that makes it impossible to grocery shop without giggling.
Peach emoji: A bum that upholds unrealistic body image standards.

RYAN PORTER/METRO

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Understanding your tax circumstances now and in the future should guide your decision on what saving vehicle to use. ISTOCK

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YOUR FINANCES

Canadians consider RRSP or TFSA

Vikram Barhat

As the March 1 deadline for the RRSP approaches, the perennial RRSP versus TFSA makes its way to the front burner, fuelling confusion in the minds of the vast majority of Canadians who are only able to invest in one or the other.

There's little doubt both are well-intentioned programs aimed at helping Canadians squirrel away their savings. However, when it comes to investing hard-earned dollars, what's good for the goose isn't necessarily good for the gander. Understanding the key technical differences and tax treatments can go a long way in deciding which one is more suited to an investor's personal financial circumstances.

Contributions made to the TFSA are after-tax dollars that grow tax-free and can be withdrawn tax-free at any time. The main benefit of the RRSP is tax deferral. Funds contributed to the RRSP are before-tax dollars that can grow tax-free within the RRSP. This means you don't have to pay capital gains taxes when you sell stocks nor pay tax on dividends or interest received. However, you will be taxed, based on your current marginal tax rate, upon withdrawal from your RRSP.

“ Understanding the key technical differences and tax treatments can go a long way...

Therefore, it's the clear understanding of one's present and future tax circumstances that guides as to which of the two savings vehicles can best optimize your investment returns, says Ed Rempel, a fee-for-service financial planner and financial blogger (edrempel.com).

"The better choice depends on your tax bracket today, your tax bracket after you retire, and whether you will be affected by the claw backs of one of the government income [supplement] programs," he says.

"It also depends on what you do with the tax refund and how likely you are to raid your retirement savings."

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metro HOME

Your essential daily news

Oscar winner Sandra Bullock is renting her Sunset Strip home for $15,000 US a month

Live in one of these four towers

LUMINA BRENTWOOD

CONTRIBUTED

Project overview

Lumina Brentwood is a four-tower development set in the fast-growing Brentwood neighbourhood in Burnaby. Located just south of Lougheed Highway on Beta Avenue, Lumina residents will be able to buy into this burgeoning area with options between one, two and three bedroom condos and townhouses starting in the $380,000s.

Housing amenities

There's a wide selection of one to three bedroom homes featuring nine-foot ceilings with expansive windows, air conditioning, and a full-size stainless steel Bosch appliance set. Surrounding the towers is a collection of townhomes with their own private entryways.

Location and transit

Brentwood Town Centre SkyTration Station is a few minutes walk from Lumina. From here access to Commercial Drive and Vancouver is 10 minutes away, or head towards New Westminster, Coquitlam and Port Moody in the other direction just as fast. For those with cars Lougheed Highway and Highway 1 are accessible in a few minutes drive.

In the neighbourhood

Brentwood is rapidly changing into one of the most desired places to live in Burnaby. With major developments currently in the works, Lumina residents can easily reach new restaurants, grocery stores such as Whole Foods down the street, a Cineplex Movie Theatre and walkable access to parks and schools.

NEED TO KNOW

What: Lumina Brentwood
Developer: Thind Properties
Builder: TBD
Designer: Interiors by BYU Design
Location: 2425 Beta Ave.
Building: Four-tower residential
Sizes: Register for more information
Model: One bedroom up to three bedroom
Pricing: Starting in the $380,000s
Status: Registration
Occupancy: TBD
Sales centre: Opening soon
Phone: Not yet available
Website: luminabrentwood.com

The wrong size rug can make a space seem smaller. ISTOCK

DECOR

Guidelines for getting the right rug size

Andrea Colman
TorStar News Service

The right area rug can pull a room together like nothing else. It adds warmth and comfort underfoot, defines and grounds an area, can inspire a colour palette, sets the style for the room and absorbs sound.

But choosing the right area rug can be a bit intimidating, especially since they can take a big bite out of your wallet. Thankfully, there are guidelines you can follow to get the right-sized rug for your space.

People generally buy too small because five feet by seven feet and six feet by nine feet rugs cost much less than eight feet by 10 feet and nine feet by 12 feet rugs. However selecting the wrong size rug for your space can make it feel awkward or unfinished.

In large spaces where furniture sits away from the walls, ideally your area rug should be large enough for all four legs of the furniture to be on it.

If your sofa is against a wall, one option is for the front legs only to sit on a rug.

When you have a small space you can have a small rug under the coffee table, however this may make the room look even smaller. The dimensions should be slightly longer and wider than the furniture and close to the seating.

One trick you can use here is to layer by putting a less costly neutral jute under your patterned rug. Another is to lay two identical rugs side by side and use carpet tape to connect them from underneath.

For the dining room, a rug should be large enough for all four legs of the chairs to remain on the rug when pulled out.

There are many options for your bedroom. The most popular is one large piece placed perpendicular under the bed, pulled down from the wall so the side tables are on bare floor.

Using runners at the foot of or on either side of the bed are good alternates.

Andrea Colman is a colour consultant and principal designer and owner of Fine Finishes Inc.

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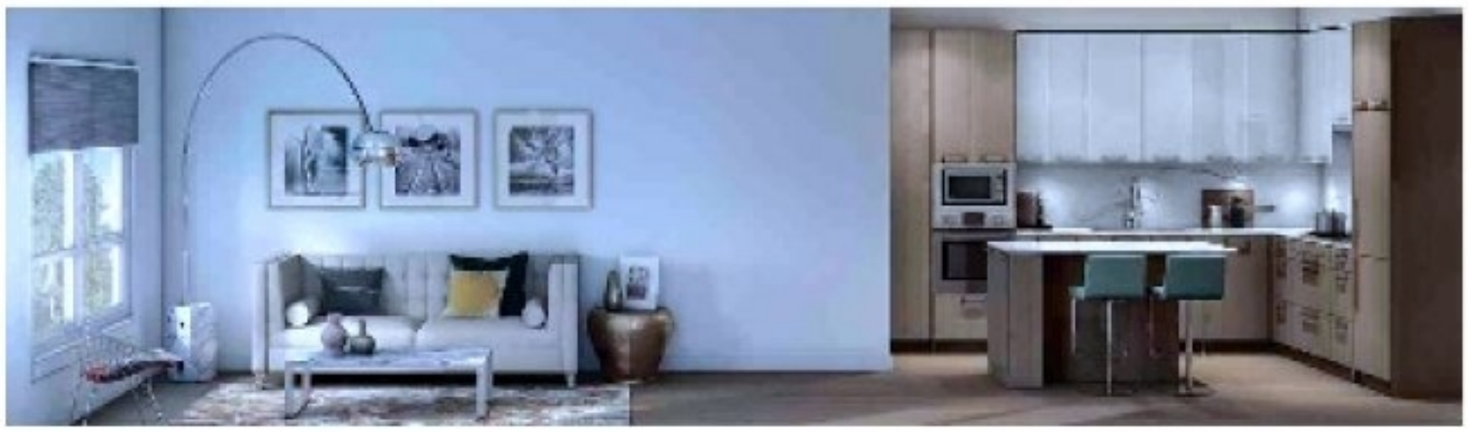

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Meet the $250M mega-mansion

In the exclusive Bel Air area of Los Angeles sits a monument to opulence, a $250-million mansion that's the most expensive home listed in the U.S. The four-level, 38,000-square-foot mansion comes with a seven-member staff, a $30-million car collection and an infinity pool, 270-degree views of the city and a 20-foot outdoor television. It has 12 bedroom suites, 21 bathrooms, five bars, three gourmet kitchens, a spa, a 40-seat movie theatre, and a bowling alley. The mansion was built with no buyer in mind. Only 3,000 people in the world could afford to buy it, said Bruce Makowsky, the developer and owner of the home who made his fortune as a handbag designer. Here's what he had to say about why he built it:

THE ASSOCIATED PRESS

ALL PHOTOS THE ASSOCIATED PRESS

1 WHY HE BUILT IT

"After being on major mega-yachts across the world and on beautiful private aircraft, it didn't make sense to me people were spending $350 million on a boat, $100 million on a plane and they're living in $20 million and $30 million homes ... The homes have not kept up with the toys. So my feeling is if you're going to spend over 12 hours a day in your home it should be the most amazing experience in the world."

2 WHAT THE INSIDE IS LIKE

"I would say it's the eighth wonder of the world. I've had a couple people come in here and say it's in the top seven — one of the other seven could go away ... Every single inch of this house is breathtaking. It's a sensory overload. I've shown this house about 25 times now. People go in and use just about every adjective on half of the lower level. There's no more adjectives. They just become numb. Every single thing in this house makes you feel like you're in heaven."

3 WHY IT'S LISTED FOR $250 MILLION

"The reason it's $250 million is because of all the work for the past four years of having 300 people inside here, the art curations inside the house. We have over $30 million worth of cars, exotic sports cars and vintage cars ... We have a 270-degree view from the snow-covered mountains all the way down to LA. Seven full-time staff come with the house, which is crazy. So if you want the best chef in the world, you have her, and if you want a masseuse we have you all hooked up ... We have water features that go completely around the house.

4 WHY SOMEONE SHOULD BUY IT

"It's the kind of thing where I can't sell it. Somebody has to fall in love with it and die over it. And when a person sitting with $2 billion, $5 billion or $20 billion in the bank and it's just a number, do they really want to enjoy every second of their life — because this isn't rehearsal, this is real life — or do they just want to look at a number in the bank?"

567

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How to cheer up your home this winter

INTERIOR

Ask a designer: Letting the light in is only the first step

During these chilly and grey mid-winter days, many of us look to our homes as sanctuaries. The standard advice for cheering up your living space is to add a few splashes of bright, happy colour, says designer Maxwell Ryan.

But while that may seem like an easy solution, he says, it's actually not very effective. To create a home that really helps battle the mid-winter blues, you need more than just a pop of colour.

ADVICE
Just because the weather outside is frightful doesn't mean the inside of your home can't be cheerful.

The Associated Press asked Ryan, founder of the home decor website apartmenttherapy.com, and two other interior designers — Florida-based Laura Burleson and New York-based Jenny Kirschner — for advice on small decor changes that can lift spirits and brighten up a home.

THE ASSOCIATED PRESS

Gold-tone metal hardware, accessories and lighting to bring a warm glow to this home office designed by Laura Burleson. THE ASSOCIATED PRESS

Have a light bulb moment

All three designers suggest improving the happy glow of your home by swapping out any lightbulbs that offer cold or harsh light. Kirschner says hardware store employees can help you find the most appealing "daylight bulbs" to bring a sense of sunshine in during grey winter days.

Or consider swapping out old lampshades or adding a new lamp. "Spread your light around down at the level you live at," Ryan says, so that it's "closer to you, closer to your face. You'll look better and feel better."

Designers recommend having at least three points of light in any room. Once you have plenty of light sources, make sure you use them by adding dimmers to control the light, and upgrading so that several lights can be turned on from a single knob or switch. Ryan has begun using Hue bulbs, which can be controlled by smartphone and adjusted for brightness and colour.

"My living room has five lights in it," he says, and they're now easily controlled via his smartphone. He notes that if he had to switch each one on individually when he arrived home on winter nights, "it probably wouldn't happen."

Another way to make a room's lighting more welcoming: Light your fireplace if you have one, Kirschner says, or create a similar feeling by clustering glass hurricane vases with pillar candles inside. Arrange several together on a coffee table, she says, "and light those when you come home from work."

Add a soft touch to design

It's easy to create an uplifting sensory experience in your home by adding faux sheepskins, faux-fur throws, and rugs or pillows made of cashmere or soft wool, says Kirschner.

Ryan agrees: Make sure you have pleasing textures around you, he says, including underfoot. Little touches can make a big difference. Try adding a sheepskin or soft blanket over a chair that you use when working at home.

Uplighting words or art can serve as "a very, very simple, elegant little pick-me-up," says Burleson. THE ASSOCIATED PRESS

Invite nature in

In February, many people are craving time outdoors and missing the natural energy of plants and flowers, Ryan says. "We've watched our plants die outside or the leaves fall from the trees," and we're due for an infusion of healthy, growing life, he says.

So add a few new plants to your home — perhaps succulents arranged in a kitchen window, or flowering branches in a large vase. Or plant flowering bulbs indoors in a large, deep bowl (try paperwhites or amaryllis) and enjoy tending them as they begin to bloom.

"Even if you just go to the corner store and bring in cut flowers," Ryan says, you'll be adding a bit of nature's energy to your home.

Create a signature home scent

Kirschner suggests adding pleasing fragrances to your space. Choose organically scented candles, or simply take items from your kitchen (lemon and orange slices, cloves and nutmeg, or other fruits and spices) and steep them in water in a heat-safe container over a votive or tea light candle.

Chose finishes that reflect light

Bring "a little glimmer of light" into your living space, Burleson says, by adding polished elements like metals, cut glass and lucite. These help natural light bounce around a room. When days are short, the goal is to make the most of what light there is.

In a home in Colorado, Burleson recently swapped out old kitchen hardware for shimmering clear agate knobs, and included metallic elements in a mix of finishes.

She also suggests adding metals in warm colours that "hint of spring," such as a copper, brass and rose gold.

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Guay golden in super-G

ALPINE SKIING

Two Canadian men medal for first time at championship

Erik Guay phoned up the mountain to teammate Manuel Osborne-Paradis after laying down a winning time in the super-G at the world alpine ski championship Wednesday.

His scouting report helped put two Canadian men on the world championship podium for the first time in the 44-year history of the biennial event.

At 35, Guay became the oldest skier to win a world alpine title. Osborne-Paradis collected the first world championship medal of his career with a bronze on his 33rd birthday.

"The fact that I'm able to share the podium with Manny really does make it that much more special," Guay told The Canadian Press from St. Moritz, Switzerland. "I knew I had to ski with a lot of intensity on this kind of course. Everything sort of fell into place today. I was good on the jumps, I was aerodynamic and my line was on point."

The father of three daughters from Mont-Tremblant, Que., edged Olympic champion Kjetil Jansrud of Norway by 0.45 seconds for the victory.

"Erik today showed us how it's supposed to be done," Jansrud said.

Osborne-Paradis of Invermere, B.C., finished 0.51 back of his teammate. He was serenaded by the finish-area crowd and got a hug from his mom.

Late in the start order with bib No. 26, he was minutes from pushing out of the start gate when Guay called with intelligence, telling him the course wasn't fast and to attack it.

> **I had tears in my eyes right away. Luckily I had goggles on so I don't think anybody caught that, but yeah, it was quite emotional.**
>
> Erik Guay

"You have a little bit more time between the gates to really think about it," Osborne-Paradis said. "It's not as much reacting as it is powering the ski and going for it.

"I watched Erik's run. He just got me fired up. He skied so well on the last split. I was cheering and pumped at the start. I got just so much more energy."

Osborne-Paradis also helped break up Norway's traditional super-G dominance by edging Aleksander Aamodt Kilde off the podium.

Canada's only other multi-medal performance in a single world championship race was in 1982 when Gerry Sorensen and Laurie Graham won gold and bronze respectively in women's downhill.

Super-G, a speed event with more turns than a downhill race, was added to the world championship program in 1987.

Guay was the men's world downhill champion in 2011. He's also the most decorated Canadian in World Cup history with 24 career medals.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

ABOVE: Erik Guay celebrates his title-winning run in the super-G at the world alpine ski championship on Wednesday in St Moritz, Switzerland.
JULIAN FINNEY/GETTY IMAGES

LEFT: Guay, left, shows off his gold medal next to Canadian teammate and bronze-medal winner Manuel Osborne-Paradis. It was Osborne-Paradis' 33rd birthday.
JOE KLAMAR/AFP/GETTY IMAGES

IN BRIEF

Former Knick and Raptor Oakley arrested at arena

Former Knicks and Raptors star Charles Oakley was escorted from his seats at Madison Square Garden and arrested after an altercation near team owner James Dolan.

Oakley shoved security guards before they pulled him away from his seat behind the baseline during the first quarter of the Knicks' game against the Los Angeles Clippers on Wednesday night.
THE ASSOCIATED PRESS

Lions re-sign Steward

The B.C. Lions signed offensive lineman Hunter Steward to a one-year contract on Wednesday. He was eligible to become a free agent next week.

Steward was the Lions' first selection (sixth overall) in the 2013 CFL Draft. He made his pro debut a year later and has logged 28 appearances for the club over his career, including all 18 regular-season games in 2016. THE CANADIAN PRESS

Falcons set to overhaul defensive staff after flop

After squandering a 25-point lead in the Super Bowl, the Atlanta Falcons are shaking up their defensive staff.

The team said Wednesday that coach Dan Quinn has dismissed co-ordinator Richard Smith and defensive line coach Bryan Cox, though Smith could stay in an advisory role. THE ASSOCIATED PRESS

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Why West is no longer best

NHL

Points total in conference to make playoffs has dwindled

After finishing with the usual game-day questions, Minnesota Wild forward Zach Parise was intrigued by one more query.

Could he point to why, after so many years as the NHL's dominant force, the Western Conference seems to have taken a step back the last two seasons?

"I don't know, that's a good question," said Parise. "Probably parity. Games are hard. You look at the standings now in our conference and there's only two teams that are out (Colorado and Arizona).

"It didn't used to be like that."

There was a time not that long ago when finishing the regular season with 87, 88 or 89 points wasn't worth much in the West.

7

The Canucks now sit seven points out of a wild-card spot having lost four games in a row.

From 2001 to 2015, teams grabbing the conference's final playoff spot wound up sitting anywhere between 90 and 99 points, with 91 points (four times) and 95 points (three times) the most common totals.

The Los Angeles Kings missed the playoffs two seasons ago with 95 points, while the Dallas Stars in 2011 and Colorado Avalanche in 2007 suffered the same fate.

But for the second year in a row, it looks like less than 90 points might be enough for a club, possibly two, to get into the West's top eight.

"It's surprising, to be honest," said Minnesota goalie Devan Dubnyk.

Last season it took just 87 points for the Wild to make the playoffs in the West — the lowest since San Jose's 87 in 2000 — while Nashville grabbed 96 to earn the first wild-card spot. Five of the conference's other six playoff teams finished with 100 points or more. Philadelphia made the post-season with 96 points in the East last year, but Boston missed out with 93.

Over the previous 12 seasons — excluding the two lockout-shortened campaigns — it took anywhere from 83 to 94 points in the East to make the top eight.

Minnesota, Chicago and San Jose are the only West teams on pace to crack 100 points this year. St. Louis is tracking towards 89 as the West's first wild-card team, while Calgary, which has played two more games, is in the second spot on an 86-point pace.

Los Angeles is a point back in ninth, but is running at an 88-point clip.

By contrast, the Rangers occupy the first wild card in the East and are on pace for 107 points.

"It goes in cycles," said Vancouver Canucks captain Henrik Sedin. "The West has been a powerhouse for a long time. (The East) has got good teams. There's no other way to put it."

THE CANADIAN PRESS

Viktor Arvidsson scored two goals on Canucks goalie Jacob Markstrom in the Predators' 4-2 win on Tuesday in Nashville. MARK HUMPHREY/THE ASSOCIATED PRESS

NHL

Chicago tames the Wild

WEDNESDAY in Minn.

4	3
HAWKS	WILD

Jonathan Toews scored a power-play goal 3:09 into overtime to lift the Chicago Blackhawks over the Western Conference-leading Minnesota Wild 4-3 on Wednesday night.

Chicago closed within five points of the Wild for the conference lead.

Toews also had two assists, and Richard Panik had a goal and an assist. Corey Crawford stopped 35 of 38 shots as the Blackhawks snapped an eight-game regular-season losing streak against Minnesota.

Nino Niederreiter had two assists for the Wild, and Kuemper had 28 saves.

Minnesota's Erik Haula scored with 3:03 left in the third period to tie it at 3-3.

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Crunchy Turkey Lettuce Wraps

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner delivers zesty, satisfying turkey with all of crunch and colour of a salad.

Ready in 10 minutes
Prep time: 10 minutes
Serves 4

Ingredients
- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.

2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.

3. Check that the turkey has cooked through. Put the mixture in a serving bowl.

4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

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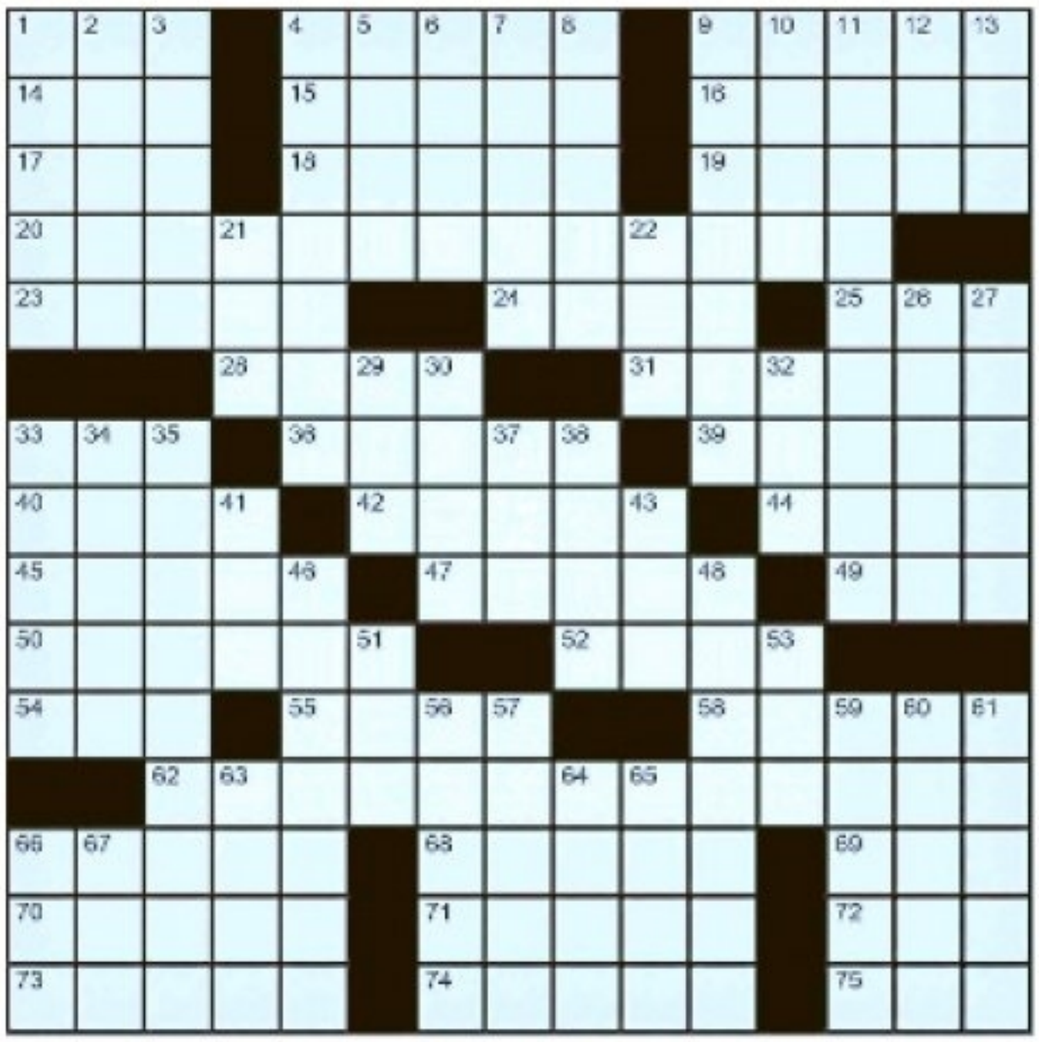
BY KELLY ANN BUCHANAN



ACROSS
1. Phone's 8 letters
4. Highway exits
9. Awestruck
14. News agency, e.g.
15. Manicurist's board
16. Simon of Duran Duran: 2 wds.
17. Mr. Perlman
18. Fancy tongue
19. Dostoyevsky novel, __ and Punishment
20. NWT: Scenically extending from Yellowknife to Tibbitt Lake, Highway 4 as it is commonly known: 2 wds.
23. Food packaging meas.: 2 wds.
24. Charles Dickens books illustrator's nickname
25. 'I' in FWIW
28. Ms. Ward
31. Canadian writer, Yann __ (Author of Life of Pi)
33. Clothe
36. Do a cleanse, informally
39. Heighten
40. Canadian actor Raymond of "Perry Mason"
42. Wristwatch company
44. Puppy's cry
45. Exorbitant
47. Singer/pianist, __ Ray Joel
49. Used the bench
50. Ready-made, as some houses
52. Emulate John Hancock
54. Red Chamber fig.
55. Mountain lion
58. Shakespeare's feet?
62. Song by Canadian band Sheriff that goes "And I never lived for nobody...": 4 wds.
66. House 'story'
68. Paul Anka song
69. Good: French
70. Sierra __
71. The Windsors watch horses race here
72. Heart singer Ms. Wilson
73. Cow milking area
74. Beamed
75. Susan of "The Partridge Family"

DOWN
1. Shroud of __
2. Winning by a point: 2 wds.
3. Twenty: French
4. Akin
5. Nursemaid
6. Prefix to 'morphosis'
7. Dress diligently
8. EDM instrument
9. Spain palace attraction, __ of Seville
10. Ginger Spice
11. Skills
12. Cheering prop half
13. Chem. ending
21. "Legally Blonde" (2001) star ...her initials-sharers
22. The Pacific __
26. 'Mechanical Resonance' band
27. Counted sheep
29. WKRP employee
30. Over-fed = __ lot
32. Light beam
33. Recipe measurements, e.g.
34. Outlandish
35. Canadian actor Bruce in Madonna movie "Swept Away" (2002)
37. Texas tea
38. Vintage models of Jags
41. NHL official
43. Tip to 'date' (Get rusty)
46. One adhering on-a-roll sheets to walls
48. Shake
51. Roll
53. "Don't think so."
56. King with a golden touch
57. People in "Witness" (1985)
59. "That mistake is all mine.": 2 wds.
60. 1950s crooner Pat
61. Cheerful
63. Fine-tune
64. Texas city
65. Aware of the surprise: 2 wds.
66. Bug of winter
67. Showed the way

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A friend will surprise you today. Alternatively, you might meet someone new who is a real character. Even your relations with clubs, groups and organizations will be unpredictable.

Taurus April 21 - May 21
Something might suddenly throw you into the spotlight today, because people notice you. Perhaps a discussion with a boss ultimately will give you more freedom.

Gemini May 22 - June 21
Unexpected opportunities to travel or learn something new today will fall into your lap. Stay light on your feet so that you can react fast, because your window of opportunity will be brief.

Cancer June 22 - July 23
Double-check everything to do with shared property, inheritances and bank accounts today, because something unexpected will occur. Hopefully, it will be good news. Do not be caught off guard.

Leo July 24 - Aug. 23
A discussion with a partner or close friend will be enlightening today, and you might even put a new spin on your relationship. It's possible that someone will throw you a curveball.

Virgo Aug. 24 - Sept. 23
Something different will occur during your daily work routine today. New high-tech equipment might arrive, or someone unusual might suddenly join your ranks. Be ready.

Libra Sept. 24 - Oct. 23
A surprise invitation to a social event might delight you today. Sports events will be exciting. This also is a classic day for love at first sight.

Scorpio Oct. 24 - Nov. 22
A parent might say or do something today that you least expect. Something will happen within your family or at home that is exciting. You might bring home something new and high-tech.

Sagittarius Nov. 23 - Dec. 21
Today you're full of bright and clever ideas, because you easily can think outside the box. One thing is certain: Your daily routine will change. Be prepared.

Capricorn Dec. 22 - Jan. 20
You're full of clever money-making ideas today. However, something unexpected also might affect your earnings or finances. Keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Today you feel restless and rebellious. Your freedom will be very important. This is why you have to do your own thing today.

Pisces
Feb. 20 - March 20
Something hidden might catch you off guard today, but it might make you feel liberated. This also is a classic day for secrets to be revealed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			3		2			
		9				7		
	1		6		9		3	
8		2		6		3		1
9		5		1		4		8
	3		7		1		6	
		4				1		
			5		8			

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YESTERDAY'S ANSWERS

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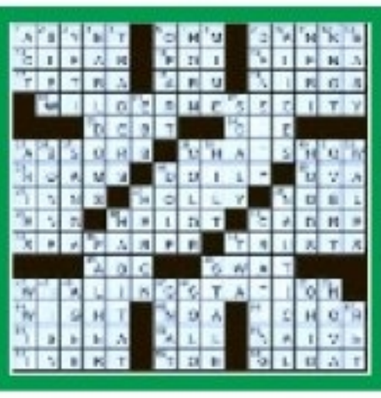

7	9	3	8	5	6	2	4	1
2	8	4	3	1	9	6	7	5
6	5	1	4	2	7	8	9	3
3	6	7	1	8	2	4	5	9
5	4	2	7	9	3	1	8	6
8	1	9	6	4	5	7	3	2
1	3	8	9	6	4	5	2	7
9	2	6	5	7	8	3	1	4
4	7	5	2	3	1	9	6	8

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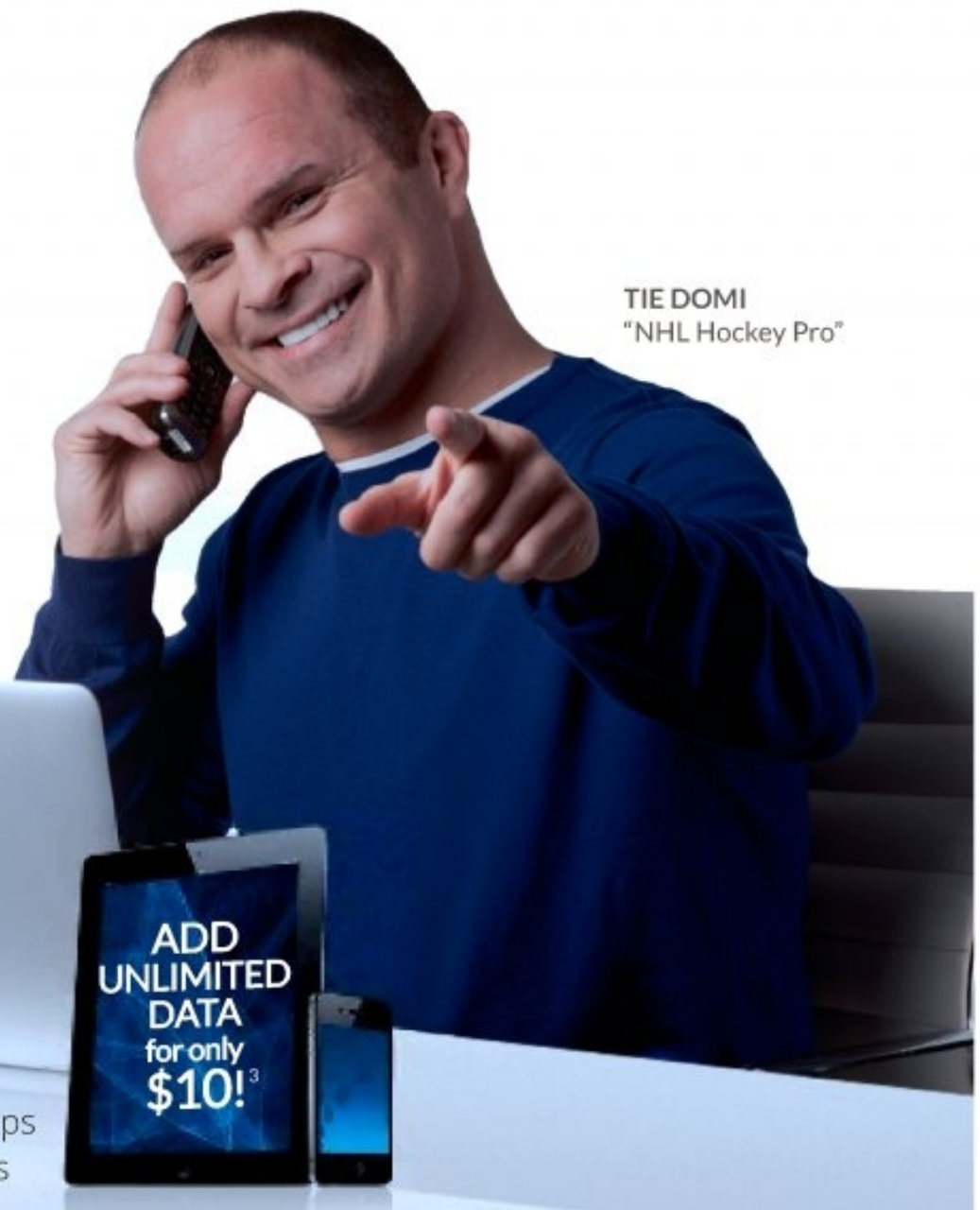

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